

Name: \_\_\_\_\_

Block: \_\_\_\_\_

Date: \_\_\_\_\_

## GROWTH MINDSET

### What is a Mind Set?

- It is the belief system we use to process info



### Growth Mind Set

- Belief that people's basic abilities can be developed with hard work and dedication
- Intelligence and talent are just the starting points
- Look at challenges and change as motivators

### Fixed Mind Set

- Belief where people think their basic abilities (e.g. intelligence) are fixed traits and can't change
- Look at challenges and change as threats or obstacles

1. Read the phrases in the chart then underline them with the two different colours.

Growth Mindset Colour:  Fixed Mindset Colour:

I like to try new things	Feedback is personal	My abilities are unchanging	Feedback is constructive	I stick to what I know	My potential is predetermined
I can learn to do anything I want	I'm either good at it or I'm not	I am inspired by the success of others	Challenges help me to grow	When I'm frustrated, I give up	My effort and attitude determine my abilities

2. Write one growth mind set comment about yourself: \_\_\_\_\_

**Adapted from the source:** Growth vs Fixed Mind Sets – Carol Dweck